

Asian Stuffed Peppers

Yield: 2 servings (serving size 2 pepper halves)

2 ½ oz. uncooked curly Chinese-style noodles or angel hair pasta
2 large bell peppers
1 cup cubed firm tofu
(about 6 oz.)
2 tbsp hoisin sauce
1 tbsp soy sauce
2 tsp dark sesame oil
2 garlic cloves, minced
½ cup diagonally sliced snow peas
½ cup julienned carrots
2 tbsp chopped fresh cilantro

1. Cook noodles according to package directions; omitting salt and fat; drain.
2. Cut each bell pepper in half lengthwise, and discard seeds and membranes. Arrange pepper halves in a 9" pie plate and cover with plastic wrap. Microwave on High for 5 minutes or until crisp-tender; drain.
3. Combine tofu, hoisin sauce, and soy sauce in a small bowl; set aside. Heat oil in a nonstick skillet over medium-high heat. Add garlic, saute 15 seconds. Add peas and carrots; saute 3 minutes or until tender. Add tofu mixture, saute for 1 minute or until thoroughly heated. Stir in noodles. Divide noodle mixture evenly among pepper halves; sprinkle each pepper with 1 ½ tsp cilantro.

Greens and Cheese Pie

1. Heat oil in a large skillet over med-high heat. Add onions, saute 4 mins. Add fennel, saute 3 mins. Remove onion mixture from pan and cool. Add spinach to pan, saute until wilts. Press excess moisture out of spinach in colander. Repeat with mustard greens. Combine onion mixture, greens, feta, and herbs.

2. Layer a few phyllo sheets in a 13x9 baking dish, brushing each with olive oil. Spread greens mixture over the phyllo. Layer a few phyllo sheets on top of the greens, brushing each with olive oil. Fold edges in and brush top with olive oil. Bake at 375 for 50 mins, cool for 15 mins.

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